



## Sage TINCTURE

### HOT FLASHES

Reduces night sweats

NPN 80017245

50 ml

#### Each ml contains

Sage	fresh leaf	<i>Salvia officinalis</i>	1:2	433 mg	Organic
Alcohol 45% certified organic					

#### DOSAGE

**INTERVENTION:** 1 ml, 4 to 5 times per day.

**TREATMENT:** 1.5 ml, 2 to 3 times per day.

#### DIRECTIONS FOR USE

Shake well before using. Take in a mouthful of water, 15 to 30 minutes before meals.

#### MODE OF ACTION

Sage has an estrogenic action and is used by women to regulate hormone fluctuations. During menopause, the combination of its hormonal and antiperspirant actions makes this herb very efficient to relieve hot flashes and night sweats. *Salvia officinalis* tones the female reproductive system and is indicated when the period is late, scant or absent. It helps reduce excess menstrual flow and relaxes smooth muscles and menstrual cramps.

*Salvia officinalis* promotes digestion by stimulating the circulation of bile and digestive juices and activates slow digestion. Sage calms the stomach, relieves digestive spasms and colic, gas, indigestion and troubles of the liver. It also relieves nausea and diarrhea even when they are caused by a virus (gastroenteritis).

Its phenolic compounds are powerful antioxidants that stop the peroxidation of lipids and cell aging. Sage has a beneficial effect on memory and cognitive functions, including among Alzheimer's patients. Thanks to its antiperspirant property, sage is used successfully in the treatment of hyperhidrosis (excess sweating). It helps stabilise blood sugar and blood lipid levels.

The main constituents of sage are volatile oils ( $\alpha$  and  $\beta$ -thujone, camphor, borneol, salviol, cineol), saponoside, flavonoids (salvigenin, salvianin, apigenin, luteolin), acids (carnosol, salvin, carnosic, labiatic, rosmarinic), phytosterols, polysaccharides, minerals (Ca, P, Mg), trace elements (Fe, Zn) and vitamins (A, C, B).

#### HELPFUL ASSOCIATIONS

**RED RASPBERRY** infusion for irregular period, dysmenorrhea.

**MENSTRUIX** for menstrual cramps.

**HORMONATOP** for hormone imbalance and symptoms of menopause.

**MENOPAUSIX** for symptoms of menopause.

**LIVERTOP** for digestive spasms, bloating and flatulence.

#### ETHNOBOTANY

**Endocrine system:** hot flashes of menopause, night sweats, hormone imbalance, irregular period, dysmenorrhea, amenorrhea, hypermenorrhea.

**Digestive system:** slow digestion, digestive spasms, flatulence, bloating, dyspepsia, diarrhea, gastritis, gastroenteritis.

**Ear-Nose-Throat:** sore throat, laryngitis, pharyngitis, tonsillitis, gingivitis, mouth ulcers, inflammation caused by dentures.

**Others:** hyperhidrosis, stops breastmilk production, Alzheimer's disease.

#### HISTORY

Sage was used as a medicinal herb in Ancient Egypt and Ancient Greece where it was used to increase fertility. Dioscorides wrote that the decoction of sage was used to stop bleeding and clean an injury. He also recommended diluted sage juice for sore throat. Its use in traditional Greek medicine has spread to India where it is recommended for dyspepsia, pharyngitis and gingivitis. During epidemics of the Black Plague, sage was one of the ingredients of the famous Four-Thieves Vinegar. In Germany today, sage is recognized as a treatment for night sweats.

#### CONTRA-INDICATIONS

Consult a health-care practitioner if symptoms persist. Avoid prolonged use. Do not use during pregnancy and breastfeeding.

#### INTERACTIONS

None known.

## REFERENCES

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Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

